


# Barley, Bean and Corn Salad

 Cooking time: 45 minutes  
HACCP Process #2 Same Day Service



1 Serving Provides:

CACFP: 0.25 ounce equivalents Grains, 1/8 cup Vegetables

NSLP: 0.25 ounce equivalents Grains, 1/8 cup Beans/Peas

SFSP: 0.25 ounce equivalents Grains, 1/8 cup Vegetables

Ingredients	36 Servings		72 Servings	
	Weight	Measure	Weight	Measure
Cooked pearl barley	2 pounds 12 ounces	2 quarts	5 pounds 8 ounces	1 gallon
Kidney beans, canned, drained	2 pounds 8 ounces	1 quart + 3 cups	5 pounds	3 quarts + 2 cups
Corn kernels, canned, frozen or fresh cooked	1 pound 4 ounces	1 quart	2 pounds 8 ounces	2 quarts
Red bell pepper, seeded, diced	1 pound 8 ounces	1 quart + 1 cup	3 pounds	2 quarts + 2 cups
Celery, sliced	9.6 ounces	2 cups	1 pound 3.2 ounces	1 quart
Green onions, sliced	2 ounces	1 cup	4 ounces	2 cups
Garlic powder		1 teaspoon		2 teaspoons
Lemon or lime juice		1 cup		2 cups
Vegetable oil		1/2 cup		1 cup
Salt		1 teaspoon		2 teaspoons
Black pepper		1 teaspoon		2 teaspoons
Fresh cilantro or parsley for garnish (optional)				



## Directions

1. In a large bowl mix barley with remaining ingredients, except the optional garnish.
2. Cover and chill several hours to allow flavors to blend.
3. Garnish with optional cilantro or parsley just before serving.

CCP: Hold for cold service at 41°F or below.

Serve 1/2 cup portions using a #8 scoop.

### Notes:

To cook pearl barley:

In a medium saucepan with lid, bring 1 quart 2 cups water to a boil. Add 2 cups pearl barley and return to a boil. Reduce heat to low, cover, and cook for 45 minutes or until barley is tender and liquid is absorbed. Makes about 7–8 cups.

*continues*

## Barley, Bean and Corn Salad, continued

Serving	Yield	Volume
½ cup	36 servings, about 7 pounds	36 servings, about 1 gallon 2 cups
	72 servings, about 14 pounds	72 servings, about 2 gallons 1 quart

Nutrients Per Serving					
Calories	130	Sodium	190 mg	Vitamin A	647 IU
Total Fat	3.7 g	Carbohydrate	21 g	Vitamin C	28 mg
Saturated Fat	0.6 g	Dietary Fiber	5 g	Iron	1 mg
Cholesterol	0 mg	Protein	4 g	Calcium	29 mg